



# FOCUS

**First & Last Name:** \_\_\_\_\_

Focus means to pay attention and show concentration to what requires your attention. It helps you pay attention when there may be other distractions around you and allows you to complete your task. It is important to show focus to make sure you see, remember, learn, understand, and put what you learn into practice.

**1. What are the 3 “Black Belt Rules of Focus”? (we talk about them in class!)**

1. Focus My \_\_\_\_\_.
2. Focus My \_\_\_\_\_.
3. Focus My \_\_\_\_\_.

**2. Why is it important to you to show focus in your life?**

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**3. Tell about a time where you showed good focus in your life and how it helped you or a time where you did not show good focus and what you learned:**

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